

Why Group Psychotherapy

Group psychotherapy offers an opportunity to slow down and share the precious artifacts of our lives with others, while turning inward and attending to ourselves. Amid the pressure to compete with one another, both at work and in our personal lives, this can be a valuable way to restore balance and connection.

The group process can be especially beneficial for those working in therapeutic, health, or social care settings, where the risk of moral injury and burnout is high. Engaging daily with the suffering and needs of others can leave us vulnerable to becoming entangled in their overwhelming emotions. Within the group, we can begin to untangle this complex web and reconnect with our own feelings.

Learning to be part of a group to both give and receive compassion takes time. For this reason, the group is offered as a longer-term therapy. If you decide to join, it will be important to make a commitment to stay for a minimum of one year. We would also ask you to give 3 months notice of departure from the group (unless there are extenuating circumstances which prevent this from occurring). If you would like to know more, I can arrange an initial 15-minute consultation to answer any questions and begin a conversation. This consultation will not have a charge. If you decide to go ahead with an assessment consultation we would meet for up to 60 mins and this session will have a fee of £95 which will be payable following the session.

Group Information

I plan to start the group early in 2026 on Wednesday evenings from 7-8.30pm GMT. There will be 40 groups per year.

The group will NOT run on the following dates:

Wednesday 1st April 2026
Wednesday 8th April 2026
Wednesday 27th May 2026
Wednesday 22nd July 2026
Wednesday 29th July 2026
Wednesday 5th August 2026
Wednesday 12th August 2026
Wednesday 19th August 2026
Wednesday 28th October 2026
Wednesday 23rd December 2026
Wednesday 30th December 2026
Wednesday 17th February 2027

Payment Information

Payment can be made via either Revolut or BACs. The cost per group is £36 which can be paid in a monthly instalment of £120. Or it is possible to pay in 3 monthly or annual instalments.